



The Gradual Vegetarian: for everyone finally ready to make the change

Lisa Tracy

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Written by author, Lisa Tracy, the Gradual Vegetarian, is that workable plan-a clear, sensible, forgiving and gradual program for healthier eating that fits into today's busy urban life-style. GV, is accomplished in three stages. Stage One, eat poultry, fish and eggs, Two, dairy products, nuts bean and grains, Three, experience meals for macrobiotic kitchens.

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